

YEAR 12- Unit 1: Health and Wellbeing



Healthy Lifestyle

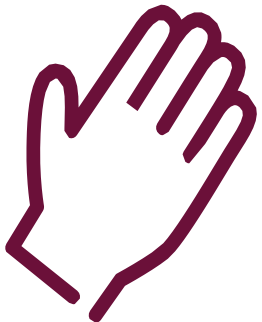
- How immunity to disease and infection can be acquired
- difference between communicable and non-communicable diseases.
- the importance of dental
- how to manage cholesterol levels in the body
- how a poor diet can lead to many health risks
- healthy breakfast and healthy pack lunch
- impacts of obesity and eating disorders
- short and long term impacts stress can have on our bodies and our life .
- the science behind fight, flight or freeze response to stress

Mental Health

- the term depression and anxiety
- how depression might make someone feel and act
- what support networks and treatments are available for depression
- how to use stress about exams to improve your exam performance
- how anxiety might make someone feel and act
- how to manage fears and anxiety
- ways to boost sleep hygiene and mental health
- strategies to improve my own and others emotional wellbeing



Resilience, self-awareness, initiative, kindness



- I can explain the short-term impacts of stress and can demonstrate strategies to deal with stress
- I can demonstrate a balanced diet and can explain the impact of an unhealthy one
- I can support someone with a eating disorder and know who to refer them to
- I can recognise the emotional, Behavioural and cognitive characteristics of depression
- I can explain treatments available for anxiety including self-help
- I can define what sleep hygiene is



YEAR 12- Unit 2: Relationships



Drugs Education

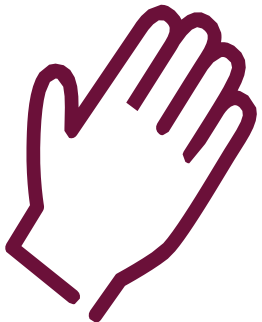
- classification of drugs
- UK's drug policy
- what support networks are available
- impact drugs can have on the individual, their family and friends
- LSD, MDMA, magic mushrooms, Spice, ecstasy and cannabis and the impact this drug has on society
- physical and mental impact on LSD users
- how alcohol impacts the body and consequences of alcohol misuse
- term substance misuse

Equality in the UK

- history of the LGBT movement in the UK
- why it's important Britain celebrates equality and diversity
- LGBT+ prejudices and stereotypes
- Healthy and unhealthy expressions of anger
- a range of techniques to manage conflict and anger
- risk factors and common symptoms for skin cancer
- diagnostic and treatment tools used for cancer
- aware of stem cell research and other forms of donation,
- why it is wrong to ever carry a knife
- how knife crime impacts families and communities



Resilience, dealing with peer pressure, empathy, self-esteem, initiative, communication



- I can explain the risk factors of alcohol and drug misuse, including the short and long term effects and risks.
- I can explain the different types of drugs and their risks, including where to find support
- I can explore and challenge LGBTQ+ prejudices and stereotypes that are out there
- I can analyse toxic masculinity comes from and how damaging it can be to men and women
- I can explain in detail the risks/impact of carrying a knife has on family and friends
- I can describe some of the common forms of cancer that exist in society



HEAD

HEART AT MALBANK

HAND

YEAR 12- Unit 3: Living in the wider world



Personal Finance

- history of trade unions in the UK
- risk and reward
- industrial action
- range of taxes that exist in the UK and the purpose of paying taxes
- types of bank accounts
- types of employment available purpose of a P45, P60
- impact getting into debt can have on myself and my family
- universal credit is and other state benefits
- types of insurance and understand the process of taking out insurance
- differences sources of financial advice that is available

Careers

- skills, qualities an interests
- decisions about post 16 education
- what support I need and be able to set Targets and goals to achieve
- personal branding
- why and how to build a personal brand
- understand my core key values that drive me and define me
- understand what a personal statement is
- when a personal statement may be needed
- Know how to write a personal statement that reflects your abilities and ambitions

Organisation, resilience, initiative, communication, self-esteem

- I can explain where Trade Unions originate from I am able to evaluate a businesses inclusion, diversity and equality policy
- I can explain the range of taxes that exist in the UK, and can calculate income tax
- I can evaluate different banking options
- I understand the different types of employment that exists
- I can outline the difference between a P45 and a P60
- I can explain what will motivate me to work and in my future career choices
- I can describe how to overcome debt

